



NORTHAMPTON CLINIC – THERAPIST BIO

For more information visit our website www.northamptonclinic.com or call 01604 632232

Colin Brown



Reaching out is often hard and for many it can take a great deal of strength to not only admit that they may need help but also to actively look for someone to talk to.

My aim is to offer my clients a supportive and safe space free from any judgement or stigma, allowing them to explore and work through their challenges. I believe that counselling isn't a 'one size fits all' process and together we will work out a process that best works for you.

As a Psychotherapeutic Counsellor I am able to offer an Integrative approach. I use Person Centred as the main basis of my work placing the client at the centre of the process, but can use other modalities such as Psychodynamic, Cognitive Behavioural Therapy (CBT), Gestalt, Mindfulness & Humanistic therapy when appropriate.

My Therapeutic career began in 2014 and my experience has been varied ranging from working in the charitable sector with organisations such as MIND and also within the private sector. I am an accredited member of the National Counselling Society and therefore work within their Ethical Guidelines and Professional Boundaries. I hold a current DBS check and I am fully insured.

Qualifications

- **Level 4 Advanced Diploma in Psychotherapeutic Counselling**